

**NUTRITION CARE DIVISION**  
**GENERAL LEONARD WOOD ARMY COMMUNITY HOSPITAL**  
***OUR DAILY SPECIALTIES***

Nutrition Care Division

**SUNDAY**


**MONDAY**

**TUESDAY**

## WEDNESDAY

**THURSDAY****FRIDAY**

## SATURDAY

<div><div>GRAT BEGINNINGS</div><div>BREAKFAST MENU</div><div>MON - FRI 0600-0900</div><div>WKND &amp; HOLIDAYS 0700-1000</div><div>FEATURING:</div><div>OMELETS MADE TO ORDER</div><div>MADE FRESH DAILY</div></div>	29-Nov-2015	30-Nov-2015	1-Dec-2015	2-Dec-2015	3-Dec-2015	4-Dec-2015	5-Dec-2015	
	Fresh Fruit, Fruit Juices (V)	Biscuit Rolls	Breakfast Burrito	Breakfast Sandwich	Breakfast Burrito	Breakfast Sandwich	Fresh Fruit, Fruit Juices (V)	
	Oatmeal/Grits (V)	Oatmeal/Grits (V)	Oatmeal/Grits (V)	Oatmeal/Grits (V)	Oatmeal/Grits (V)	Oatmeal/Grits (V)	Oatmeal/Grits (V)	
	French Toast (V)	Pancakes (V)	Waffles (V)	French Toast (V)	Pancakes (V)	Waffles (V)	French Toast (V)	
	Hash Brown Patties	O'Brien Potatoes	Hash Brown Patties	O'Brien Potatoes	Hash Brown Casserole	Shredded Hash Browns	Hash Brown Patties	
<div>OMELETS MADE TO ORDER</div> <div>MADE FRESH DAILY</div>	Eggs/Omelets to Order	Bacon/Sausage	Bacon/Sausage	Bacon/Sausage	Bacon/Sausage	Bacon/Sausage	Eggs/Omelets to Order	
	Bacon/Sausage	Turkey Links	Grilled Pork chop	Corned Beef Hash	Turkey Links	Chicken Fried Steak	Bacon/Sausage	
	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	Sausage Gravy/Biscuits	
PANINI OF THE DAY	Soup of the Day	Philly Cheesesteak		Rueben Sandwich	Chili	Catfish Po-Boy	Soup of the Day	
SOUPS	Pot Roast						Chili	Chopped Steak w/ Mushrooms
MID-DAY FARE LUNCH MENU	Mashed Potatoes w/ Gravy						GLWACH Tortilla Soup	Baked Ziti
	Macaroni and Cheese						Black Bean & Cheese Enchilada (V)	Lyonnais Potatoes
	Green Beans (V)						Beef /Chicken Fajitas	Lima Beans (V)
MON - FRI 1100-1400	Home-style Dinner Rolls	Chicken Marsala	Lemon Garlic Tilapia	Smothered Pork chop	Mongolian Beef	Barbecued Ribs	Country Style Vegetables (V)	
WKND & HOLIDAYS 1000-1400	Dessert of the Day	Beef Stroganoff	Mexican Rice	WING WEDNESDAY	Jasmine Rice (V)	Macaroni and Cheese (V)	Garlic Toast	
<div>FEATURING:</div> <div>FRESH GRILLED ITEMS</div> <div>WRAPS &amp; DELI SANDWICHES</div> <div>Try our Vegetarian (V) Options!</div> <div></div>		Breaded Mushrooms (V)	Refried Beans (V)	Mashed Potato (V)	Fried Rice	Red Beans and Rice (V)	Dessert of the Day	
		Antigua Vegetables (V)	Zucchini w/ Stewed Tomatoes (V)	Green Peas and Carrots (V)	Japanese Vegetables (V)	Collard Greens w/ Ham Hocks		
		Broccoli Spears w/ Cheese Sauce	Mixed Vegetables (V)	Simmered Yellow Squash (V)	Vegetable Egg Rolls (V)	Glazed Carrots (V)		
		Garlic Bread	Chicken Taquitos	Home-style Dinner Roll	Carrot Cake/Parfait	Corn Muffins/Biscuits		
		Strawberry Cream Pie/Parfait	Coconut Cream Pie/Parfait	Oreo Pie/Parfait	BULGOGI BAR	PIES & COBBLER BAR		
		BAKED POT/SWT POT BAR	TACO SALAD BAR	BAKED POT/SWT POT BAR				

<div>DINNER DISHES</div> <div>EVENING MENU</div>	<div>WEEKEND MENU</div>	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili	Hot Specialty Soup & Chili	<div>WEEKEND MENU</div>
MON - FRI 1600-1800		Baked Spaghetti	Baked Fish	Grilled Pork chop	Honey Glazed Chicken	Shepherd's Pie	
WKND&S & HOLIDAYS 1530-1730		O' Brien Potatoes	Fiesta Rice (V)	Mashed Potatoes (V)	Corn (V)	Fire Roasted Sweet Potatoes	
FEATURING: FRESH GRILLED ITEMS SALADS & DELI SANDWICHES		Seasoned Lima Beans	Broccoli Spears (V)	Green Beans (V)	Japanese Vegetables (V)	Simmered Cauliflower	
	Mixed Vegetables	Antigua Vegetables	Zucchini w/ Stewed Tomatoes (V)	Capri Vegetables (V)	Green Peas (V)	Glazed Carrots	
	Dessert of the Day	Garlic Bread	Wheat Dinner Roll	Home-style Dinner Roll	Wheat Dinner Roll	Corn Bread	Country Style Vegetables
		Strawberry Cream Pie	Coconut Cream Pie	Oreo Pie	Carrot Cake		Dessert of the Day